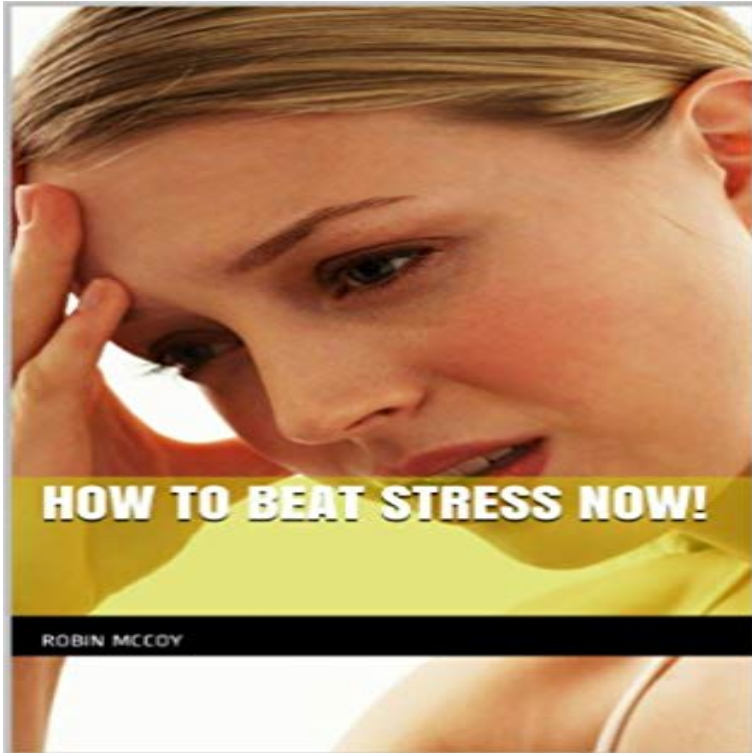


How to Beat Stress Now!



We generally use the word stress when we feel that everything seems to have become too much - we are overloaded and wonder whether we really can cope with the pressures placed upon us. Anything that poses a challenge or a threat to our well-being is a stress. Some stresses get you going and they are good for you - without any stress at all many say our lives would be boring and would probably feel pointless. However, when the stresses undermine both our mental and physical health they are bad. We all react differently to stressful situations. What one person finds stressful another may not at all. Almost anything can cause stress and it has different triggers. For some people, on some occasions, just thinking about something, or several small things that accumulate, can cause stress. Stress management can help you to either remove or change the source of stress, alter the way you view a stressful event, lower the impact that stress might have on your body, and teach you alternative ways of coping. Stress management therapy will have the objective of pursuing one or more of these approaches.

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